

# TVCCA SENIOR CAFE MENU NOVEMBER 2021

## TUESDAY

## WEDNESDAY

## THURSDAY

<p><b>2</b> <b><u>Birthdays Celebration</u></b> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Birthday Treat Grape Juice</p>	<p><b>3</b> Swedish Meatballs Egg Noodles Green &amp; Yellow Squash Fresh Orange</p>	<p><b>4</b> Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Peaches</p>
<p><b>9</b> Chicken Cacciatore Farfalle Pasta w/ marinara Green &amp; Waxed Beans Fresh Fruit</p>	<p><b>10</b> Seafood Stew Steamed Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p><b>11</b> <b><u>Veterans Day Holiday</u></b> <b>Senior Nutrition Program Closed</b></p>
<p><b>16</b> Braised Beef Tips Egg Noodles Zucchini &amp; Yellow Squash Mixed Fruit Cup</p>	<p><b>17</b> <b><u>Celebration Meal</u></b> Roasted Turkey w/ Stuffing, gravy, &amp; cranberry sauce Mashed Potatoes, Green Beans, Pumpkin Pie Grape Juice</p>	<p><b>18</b> Crispy Cod Macaroni &amp; Cheese Peas &amp; Pearl Onions Pineapple Tidbits</p>
<p><b>23</b> Meatballs Marinara Penne Pasta Peas &amp; Carrots Pineapple Tidbits</p>	<p><b>24</b> Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Mixed Fruit Cup</p>	<p><b>25</b> <b><u>Thanksgiving Day Holiday</u></b> <b>Senior Nutrition Program Closed</b> </p>
<p><b>30</b> Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers &amp; Onions Tropical Fruit Cup</p>		<p><b>TVCCA Senior Nutrition Program</b> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)  www.tvcca.org</p>

# TEEG

Community \* Faith \* Business

TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

**Medicare's Open Enrollment starts October 15th and runs through December 7th! Call TEEG now to schedule an appointment: (860)923-3458**



Connecticut's State Health Insurance Assistance Program - **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact TEEG today to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare questions.

### Attention Chair Yoga Folks

**There will be no Chair Yoga on Tuesday, November 23rd. Bonny wishes you a Happy Thanksgiving and will see you the following week**

The Pomfret Senior Center will have ten TEEG Christmas tags available. If you would like to help a child or family, please come by and pick out a tag.



## \*\* Pomfret Senior Center November 2021 Calendar\*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
<b>2</b>			<b>3</b>			<b>4</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00:00-11:30	Knitting Club	
						10:00-11:30	Game Day	Movie: Cruella
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00		PCM	1:00-2:00	Show N' Tell		12:15-1:00		Cruella (cont.)
<b>9</b>			<b>10</b>			<b>11</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:00	Knitting Club	
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga		Game Day	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Jewelry	Tech Support	1:00-2:00		Chair Massage	1:00-2:00	Birthday Celebration & Trivia	
						1:00-3:00		PCM
<b>16</b>			<b>17</b>			<b>18</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	Game Day
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:30-11:30		
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Better Life-Decluttering		1:00-2:00			1:00-2:00	Bingo	
1:00-3:00		PCM						
<b>23</b>			<b>24</b>			<b>25</b>		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	9:30-11:00	CLOSED	CLOSED
10:30-11:30	<b>NO CHAIR YOGA</b>		10:30-11:30		Traditional Yoga		THANKSGIVING	
11:45-12:45	Lunch	<b>NO TECH SUPPORT</b>	11:45-12:45	Lunch				
12:00-3:00		Holiday Distribution	1:00-2:00		Chair Massage			
<b>30</b>								
10:00-10:30	Lunch Pick up							
10:30-11:30		Chair Yoga						
11:45-12:45	Lunch							
1:00-2:00	Book Club	Tech Support						
1:00-3:00		PCM						